



## DEPARTMENT OF THE AIR FORCE

### 10TH MEDICAL GROUP

USAF ACADEMY, COLORADO

## ULTRASOUND EXAM INSTRUCTIONS

1. Your provider has requested an ultrasound examination. Diagnostic ultrasound is the use of high frequency sound waves to visualize various organs or parts of your body. There has been no scientific evidence of harmful effects to patient or fetus in over 30 years since ultrasound has been used for diagnostic procedures.

2. **YOUR ULTRASOUND EXAM IS SCHEDULED FOR \_\_\_\_\_ at \_\_\_\_\_ hrs.**

3. Your compliance to the following instructions will help us to provide a quality examination for you.

- If you have a request from outside this facility, you must present it at the time of your appointment. If you do not have your request, we cannot legally perform your examination.
- **DUE TO SAFETY ISSUES CHILDREN ARE NOT PERMITTED IN THE EXAM ROOM OR IN THE ULTRASOUND WAITING AREA unless the exam is being performed on that child.**
- No visitors will be allowed in the room during exams. Exceptions: (a) Minors may have one (1) parent or guardian. (b) OB patients may have their spouse.
- **PLEASE ARRIVE 10 – 15 MINUTES PRIOR TO YOUR STUDY.** If you are late for your appointment, you will be rescheduled to prevent unnecessary delays for other patients.
- Our sonography staff is mostly male. If a female sonographer is requested, you may have to be rescheduled or wait a period of time until a female becomes available. A chaperone is provided for all breast and endovaginal (internal) studies. A chaperone may be available for other exams upon request.
- **WE DO NOT ALLOW VIDEO TAPING OF YOUR EXAMINATION.** If time and film allow, OB patients may receive a picture.
- Please do not ask the sonographer any questions concerning the results of your exam. They are not authorized to give out results. Any questions you have should be directed to your referring provider.
- **OCCASIONALLY, YOUR SCHEDULED EXAM MAY BE DELAYED DUE TO EMERGENCY PATIENT ADD-ON EXAMS.** Rest assured, you will be seen. If you are unable to wait, you may request to have your examination rescheduled.
- If you have a question pertaining to your exam or if you cannot make the appointment, please call us at (719) 333-5084 or (719) 333-5068.

## **FAILURE TO PROPERLY PREP WILL RESULT IN THE RESCHEDULING OF YOUR EXAM**

- [ ] PELVIC SONOGRAM:** This is a study of the female reproductive system (uterus and ovaries). This is a two-part test (external and internal). First, a full bladder is necessary to see these structures trans-abdominally (external). Drink **24 ounces of water** starting one hour and a half prior to your exam, finished within the first half hour. **DO NOT GO TO THE BATHROOM UNTIL TOLD TO DO SO.** Second, endovaginal or transvaginal (internal) exam is performed. Combination of the two exams will give best overall evaluation.
- [ ] OBSTETRICAL (OB) SONOGRAM:** This is a screening exam that looks at the fetus, uterus and placenta. A full bladder is necessary to see these structures. Drink **24 ounces of water** starting one hour and a half prior to your exam, finished within the first half hour. **DO NOT GO TO THE BATHROOM UNTIL TOLD TO DO SO.** Additionally, endovaginal or transvaginal (internal) exam may be performed depending on gestational week.
- [ ] BREAST SONOGRAM:** This procedure is a limited exam to further evaluate a palpable abnormality or possible abnormality seen on your mammogram. Do not wear a one-piece garment such as a dress.
- [ ] ABDOMINAL SONOGRAM:** This is a study of the upper abdomen (pancreas, liver, spleen, gallbladder and both kidneys). **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT PRIOR TO YOUR EXAM (to include tobacco products and chewing gum).** Necessary medication may be taken with small amount of water.
- [ ] RENAL SONOGRAM:** This a study of the kidneys and bladder. **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT PRIOR TO YOUR EXAM (to include tobacco products and chewing gum).** Additionally, your bladder needs to be full. Drink **24 ounces of water** starting one hour and a half prior to your exam, finished within the first half hour. *INFANTS AND CHILDREN UNDER 5 YEARS OF AGE SHOULD NOT EAT ONE HOUR PRIOR TO THE EXAM.*
- [ ] NECK SONOGRAM (THYROID, CAROTID):** There is no preparation for this exam other than wearing an open neck shirt.
- [ ] ARTERIAL SEGMENTAL PRESSURE STUDY:** Arterial studies involve arms and legs. Wear or bring shorts and a short sleeve shirt. Clean body (especially feet) is essential, as some leads will need to be attached to you.
- [ ] OTHER:**
  - [ ]** No prep needed for this exam.
  - [ ]** For bottle-fed children, delay feeding until exam. This gives the child something to do while being examined.
  - [ ]** BIOPSY – avoid all aspirin products such as ibuprofen / plavix at least 48 hours prior.